



NEW ROWER REGISTRATION PACKAGE SPRING 2012

Please return this form and the following documents to:

**Ms. Meg Zwick
10551 S. Campbell Ave.
Chicago, IL 60655**

Please check one:

- I have included a check for \$995 made payable to "Ignatius Chicago Crew" or
- I have contacted Treasurer Sheila Hansen regarding scholarship request or payment arrangements

The following forms must be attached:

- Medical/Emergency Contact Information Form
- ICC Waiver (New Rowers)
- ICC Current Season Race Waiver
- Complete the *US Rowing Waiver of Liability* at <http://www.usrowing.org/sitefinity/login.aspx?ReturnUrl=%2fMembersOnly.aspx>
And return the confirmation number on the US Rowing E-Waiver confirmation
- SICP Field Trip Form
- Athlete's Code of Conduct (return club copy only – keep athlete's copy)
- Athlete's Agreement
- Parents' Agreement (return last page of the document – keep the agreement for your reference.)
- IHSA Pre-participation Examination Form (Not required for freshmen – SICP will have this on file as part of freshman school registration materials)
- Swimming Proficiency Certification (Not necessary if you already submitted as part of ICC Summer Camp registration. Note: Being a lifeguard or on a swim/diving team does not exempt you from submitting this document.)
- Spring Break 2012 Registration (if applicable)

	All team communications are delivered via the SICP Edline system. Athletes and parents must EACH activate an Edline account to receive team announcements.
Athlete's Name	

Ignatius Chicago Crew

Emergency Information and Medical Treatment Form

(Please print all details clearly.)

Athlete's Name:		
Last:	First:	Middle:
Date of Birth:	E-mail address:	Cell #:

Mother's Information:		
Name:		
Address:		
City/State/Zip:		
Home phone:	Cell phone:	Work phone:
E-mail address:		

Father's Information:		
Name:		
Address:		
City/State/Zip:		
Home phone:	Cell phone:	Work phone:
E-mail address:		

In case of emergency, ICC will attempt to contact a parent using the information provided above. In the event ICC is not able to reach a parent, we will attempt to contact one of the two alternate contacts designated below:

Alternate Contact Information:		
Name:		
Home phone:	Cell phone:	Work phone:
Name:		
Home phone:	Cell phone:	Work phone:

Medical Information:	
Athlete's doctor:	Doctor's phone #:
Is Athlete allergic to anything?	
If yes, please list all allergies:	
Is Athlete taking any medication we should be aware of:	
If yes, please list all medications we should be aware of:	
Does Athlete have asthma?	
Does Athlete have any medical/mobility/mental health concerns?	
If yes, please list medical/mobility/mental health concerns:	

Insurance Information:		
Insurance company:		
Insured:		
Employer (if applicable):		
Policy #:	Group #:	Member ID#:
Please attach a photocopy of both sides of current insurance card.		

**Parent/Guardian Consent to Medical Treatment /
Consent to Disclosure of Protected Health Information**

In the event of an emergency, I authorize Ignatius Chicago Crew to facilitate the provision of emergency and other appropriate medical treatment of any injury or illness my child may sustain and I hereby give permission to qualified medical personnel to provide such treatment to my child as they deem necessary or appropriate including without limitation hospitalization, medical tests, injections, the provision of anesthesia and surgery. I also agree that any of my emergency contacts listed on this form may be notified in an emergency, as needed. I hereby hold harmless Ignatius Chicago Crew from any losses or liability arising out of Ignatius Chicago Crew's facilitation of the provision of medical treatment.

I hereby authorize Ignatius Chicago Crew to release and or obtain information regarding my child's protected health information and any related information relating to any injury or illness while my child is an Ignatius Chicago Crew athlete. This protected health information may be released by Ignatius Chicago Crew to health care providers, hospitals, medical clinics, laboratories, coaches, insurance companies and school administrators. To the extent my child's health information may be deemed protected by federal regulations under the Health Insurance Portability and Accountability Act (HIPPA), by signing below, I authorize disclosure of such information under HIPPA.

Parent Signature:	
Parent Name (please print):	
Date:	

Please attach a photocopy of both sides of current insurance card.

Ignatius Chicago Crew WAIVER (New Rowers)

This waiver may be copied for your use.

IN CONSIDERATION of being given the opportunity to participate in IGNATIUS CHICAGO CREW ("Club") activities ("Activities" or "Activity"), I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of the Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activities.
2. FULLY UNDERSTAND that: (a) THE ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releasees named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.
3. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of the Club and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.
4. HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place (each considered one of the Releasees herein), from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees, from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant: _____ **Date:** _____

Signature (only if age 18 or over): _____

PARENTAL CONSENT

AND I, the minor's parent and/or legal guardian, understand the nature of the Activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such Activities. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or part by the Activities, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost any may incur as the result of any such claim.

Printed Name of Parent/Guardian: _____ **Date:** _____

Parent/Guardian Signature (only if participant is under the age of 18):

Ignatius Chicago Crew WAIVER (Current Season)

This waiver may be copied for your use.

IN CONSIDERATION of being given the opportunity to participate in **any or all of the following regattas or events:**

Spring Season 2012: Oak Ridge Regatta, Grand Rapids Regatta, Culver Regatta, Cincinnati Regatta, Midwest Championships, Scholastic Rowing Nationals Regatta and any other events during Spring 2012

("Activities" or "Activity") as a member of Ignatius Chicago Crew ("Club") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of the Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activities.
2. FULLY UNDERSTAND that: (a) THE ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releasees named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.
3. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of the Club and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.
4. HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place (each considered one of the Releasees herein), from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees, from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant: _____ **Date:** _____

Signature (only if age 18 or over): _____

PARENTAL CONSENT

AND I, the minor's parent and/or legal guardian, understand the nature of the Activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such Activities. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or part by the Activities, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost any may incur as the result of any such claim.

Printed Name of Parent/Guardian: _____ **Date:** _____

Parent/Guardian Signature (only if participant is under the age of 18):

Ignatius Chicago Crew: US Rowing E-WAIVER (All Rowers)

Return this signed form with your registration documents.

Please follow the instructions below to complete the US Rowing E-Waiver.
(The electronic waiver must be submitted in addition to the paper US Rowing waiver.)

Instructions

1. The RegattaCentral **Roster Code** for all active ICC athletes is **UE-806052**.
2. Go to <https://www.regattacentral.com/athletes/>, enter the Roster Code and submit your waiver.

IMPORTANT: Waivers must be submitted *by the athlete or their legal guardian*. (Coaches are not permitted to submit a waiver on a rower's behalf.)

How does this process work?

1. When an athlete enters the ICC Roster Code and their last name, the system will attempt to locate their record in the team's roster. If it is located they'll be prompted to submit their waiver and receive their **free**, non-privileged USRowing Membership ID. (Required beginning in 2008 for all USRowing-registered regattas.)
2. If the athlete has not yet been added to the team's roster the system will *automatically* add them. This is an especially helpful and time-saving feature at the beginning of rowing seasons where coaches may have many new athletes to add to the roster.

I have followed the instructions above, and have submitted the US Rowing E-Waiver.

Printed Name of Parent/Guardian: _____ **Date:** _____

Parent/Guardian Signature: _____

Authorization for Participation in a Field Trip

Part I: To be completed by sponsoring school organization/department/activity.

Saint Ignatius College Prep, 1076 W. Roosevelt Road, Chicago, will sponsor a field trip.

Sponsor is IGNATIUS CHICAGO CREW

on DATES AS DESIGNATED 2011-2012.

Supervisor of this outing is: IGNATIUS CHICAGO CREW.

Destination and purpose of this trip is: PARTICIPATE IN COMPETITIVE ROWING RACES
AT LOCATIONS AS DESIGNATED IN REGATTA SCHEDULE.

Charges to be paid by the student for this outing are:

AS DESIGNATED IN CLUB REGISTRATION DOCUMENTS.

Part II: To be signed by the student.

I wish to participate in the outing described above. If I am permitted to go, I promise to observe the applicable school rules and the directions of those in charge.

Date: _____ **Student Signature:** _____

(Over)

Part III: To be completed and signed by student's parent(s)/guardian(s).

The undersigned grants permission to the designated representatives of Saint Ignatius College Prep to authorize that emergency medical treatment considered necessary by qualified medical personnel for the student whose name appears below. The authorization is for school days and at school sponsored events as stated in the school insurance policy while the student is in attendance at Saint Ignatius College Prep. It is understood that every effort will be made to contact the parents/guardians immediately when an emergency occurs.

Student Name: _____

Student Date of Birth: _____

Student Medical Conditions/Allergies: _____

Student Current Medications: _____

Student Home Address: _____

Parent/Guardian Home Phone #: _____

Relative/Friend Emergency Contact: _____

Emergency Contact Phone #: _____

I have read and understand all three parts of this form. _____

Is hereby given my permission to participate in the activity described above. I further authorize Saint Ignatius College Prep to change this activity, or even cancel it, if such change or cancellation appears necessary or desirable in the judgment of an appropriate official of the school, provided such a change or cancellation does not materially increase the expenses of the student or his/her parents or guardians set forth above, and provided also that any changes do not notably affect the character of the activity. My permission is given with the additional understanding that the school's accident insurance is applicable.

My child has permission to travel to and/or from this activity as indicted below by my initials on the appropriate line or lines below: (initial all for which you grant permission)

_____ With a coach, faculty member, or representative of Saint Ignatius in a school vehicle or school procured vehicle.

_____ In a privately owned vehicle of a coach, faculty member, or representative of Saint Ignatius

N/A In another student's vehicle

_____ Driving our family car

N/A I grant permission for my student to transport other students in our family car

Parent/Guardian Signature

Date

Parent/Guardian Signature

Date

IGNATIUS CHICAGO CREW
ATHLETE'S CODE OF CONDUCT – CLUB COPY – RETURN with registration materials

ICC relies on volunteers to supervise the athletes during regatta weekends. We will only be successful if athletes abide by the following behavior guidelines outlined below in the Athlete's Code of Conduct. We ask that you review the Code of Conduct with your athlete and return the form with both of your signatures. **Please keep a copy to review with your athlete prior to regatta weekends.** For purposes of this Code, the term "athlete" includes coxswains.

1. Athletes will wear the Ignatius crew uniform – shirt and shorts – at all races.
2. Athletes will stay with their team or boat during race times.
3. Athletes will be respectful when communicating with teammates, coaches, chaperones and other parents, bus drivers or other competitors during practice and regatta trips.
4. Athletes will support their teammates throughout competitions by sending boats off, cheering for other ICC boats at race time, and assisting other boats in rigging and de-rigging shells.
5. Athletes will help load and unload shells before and after regattas. To the extent such assistance does not interfere with race-related activities, athletes will assist upon request with setting up and taking down the tents, moving equipment, food and supplies and other similar activities.
6. Athletes will travel with the team bus to and from regattas or with their parents or designated chaperone drivers. (Athletes are not allowed to drive themselves or other teammates to regattas.)
7. Athletes will obey regatta chaperones and coaches throughout a regatta trip.
8. Athletes will observe the 10:00 p.m. curfew/10:30 p.m. lights-out rule established for regatta overnight stays. (*Sleep has a direct impact on the performance of an athlete.*)
9. Athletes will not leave the regatta area or hotel without the knowledge and consent of a chaperone.
10. At out-of-town regattas athletes will not enter a hotel room occupied by someone other than an ICC athlete, chaperone or coach.
11. No one other than another ICC athlete, coach or chaperone is allowed in an athlete's room.
12. Female athletes are not allowed in male rooms, nor are male athletes allowed in female rooms without the consent of a chaperone.
13. Athletes understand the following infractions in connection with any ICC activity may result in a team member being scratched from the upcoming race and/or sent home at their own expense, in addition to any action a coach, ICC or SICP may take:
 - a. Use or possession of alcoholic beverages, cigarettes, tobacco or controlled substances.
 - b. Use or possession of any object that can inflict harm or damage to property or people or be construed as a weapon.
 - c. Damage to property.
 - d. Stealing or shoplifting.
 - e. Loud and unruly behavior including fighting or instigating a fight.
 - f. Behavior that has a detrimental impact on the performance of the team.
 - g. Leaving the regatta hotel or area unchaperoned without the prior approval of the chaperone.
 - h. Any inappropriate sexual behavior.

Serious conduct infractions are required to be reported to St. Ignatius College Prep for action by the school.

If an athlete is asked to leave the team as a result of serious or repeated violation of the rules as outlined above, the athlete and parent/guardian waive their right to a refund of fees for the season.

Athlete signature

Date

Parent/Guardian signature

Date

The Athlete's Code of Conduct will be posted on the ICC website and distributed prior to the beginning of each season. Your adherence to this code of conduct is required.

RETURN THIS COPY WITH YOUR REGISTRATION MATERIALS

IGNATIUS CHICAGO CREW
ATHLETE’S CODE OF CONDUCT – ATHLETE’S COPY – KEEP THIS COPY FOR YOUR RECORDS

ICC relies on volunteers to supervise the athletes during regatta weekends. We will only be successful if athletes abide by the following behavior guidelines outlined below in the Athlete’s Code of Conduct. We ask that you review the Code of Conduct with your athlete and return the form with both of your signatures. **Please keep a copy to review with your athlete prior to regatta weekends.** For purposes of this Code, the term “athlete” includes coxswains.

1. Athletes will wear the Ignatius crew uniform – shirt and shorts – at all races.
2. Athletes will stay with their team or boat during race times.
3. Athletes will be respectful when communicating with teammates, coaches, chaperones and other parents, bus drivers or other competitors during practice and regatta trips.
4. Athletes will support their teammates throughout competitions by sending boats off, cheering for other ICC boats at race time, and assisting other boats in rigging and de-rigging shells.
5. Athletes will help load and unload shells before and after regattas. To the extent such assistance does not interfere with race-related activities, athletes will assist upon request with setting up and taking down the tents, moving equipment, food and supplies and other similar activities.
6. Athletes will travel with the team bus to and from regattas or with their parents or designated chaperone drivers. (Athletes are not allowed to drive themselves or other teammates to regattas.)
7. Athletes will obey regatta chaperones and coaches throughout a regatta trip.
8. Athletes will observe the 10:00 p.m. curfew/10:30 p.m. lights-out rule established for regatta overnight stays. (*Sleep has a direct impact on the performance of an athlete.*)
9. Athletes will not leave the regatta area or hotel without the knowledge and consent of a chaperone.
10. At out-of-town regattas athletes will not enter a hotel room occupied by someone other than an ICC athlete, chaperone or coach.
11. No one other than another ICC athlete, coach or chaperone is allowed in an athlete’s room.
12. Female athletes are not allowed in male rooms, nor are male athletes allowed in female rooms without the consent of a chaperone.
13. Athletes understand the following infractions in connection with any ICC activity may result in a team member being scratched from the upcoming race and/or sent home at their own expense, in addition to any action a coach, ICC or SICP may take:
 - a. Use or possession of alcoholic beverages, cigarettes, tobacco or controlled substances.
 - b. Use or possession of any object that can inflict harm or damage to property or people or be construed as a weapon.
 - c. Damage to property.
 - d. Stealing or shoplifting.
 - e. Loud and unruly behavior including fighting or instigating a fight.
 - f. Behavior that has a detrimental impact on the performance of the team.
 - g. Leaving the regatta hotel or area unchaperoned without the prior approval of the chaperone.
 - h. Any inappropriate sexual behavior.

Serious conduct infractions are required to be reported to St. Ignatius College Prep for action by the school.

If an athlete is asked to leave the team as a result of serious or repeated violation of the rules as outlined above, the athlete and parent/guardian waive their right to a refund of fees for the season.

Athlete signature

Date

Parent/Guardian signature

Date

The Athlete’s Code of Conduct will be posted on the ICC website and distributed prior to the beginning of each season. Your adherence to this code of conduct is required.

KEEP THIS COPY FOR YOUR RECORDS

IGNATIUS CHICAGO CREW: ATHLETE'S AGREEMENT

ATTENDANCE POLICY:

A successful rowing program requires a serious and sustained commitment from each athlete. Parents must understand the importance of regular attendance to the success of the program and assist the athletes in prioritizing this commitment.

No one goes to St. Ignatius College Prep to become mediocre. Challenging yourself to excel is part of every curriculum, and so, too, it is with Ignatius Chicago Crew. The following attendance policy has been established to give our athletes the best chance to develop physically, build their rowing skills and experience, and achieve their personal best, as individuals and as a team.

1. Each athlete must attend every practice unless he/she is ill or injured, attending a mandatory SICP academic function or retreat, or taking a college-entrance exam (SAT/ACT/PSAT) ("excused absences"). All other absences are considered "unexcused." Unexcused absences include family vacations and trips to visit colleges. Although SICP-sponsored retreats (including Kairos) and standardized testing are excused, athletes are urged to make every effort to schedule retreats and standardized tests at times that do not conflict with practices or regattas.
2. Following three unexcused absences in Fall or Spring season, an athlete will be on probation. The athlete may be excluded from one day of practice on water for each unexcused absence exceeding three. Erg workouts and other tasks to benefit the team (e.g., boat washing, site maintenance) will be assigned at the coaches' discretion. The athlete's seat will be in jeopardy. Regular attendance will be taken into account by all coaches in determining the placement of athletes.
3. Winter training is not mandatory, but an athlete must successfully complete Winter training to be considered for Spring Break training. **If an athlete in Winter training has three unexcused absences, the athlete will be placed on probation.** Erg workouts and other tasks to benefit the team will be assigned at the coaches' discretion. The athlete must finish all such workouts or tasks by the last day of Winter training in order to successfully complete Winter training.
4. All athletes participating in Winter training are expected to compete in the Chicago Indoor Rowing Championships, and all other athletes are encouraged to do so.
5. All excused athlete absences will be communicated to the coach in person, or by phone or e-mail (depending on each coach's preference), at least four hours before afternoon practice or one hour before morning practice.
6. Any athlete who fails to attend a regatta for any reason, without the prior permission of his/her coach, will be dismissed from the team immediately.

DRESS CODE:

IGNATIUS CHICAGO CREW rowers represent their team and school when traveling to and from, and participating in a regatta. Therefore, all athletes will dress appropriately in accordance with the following rules.

1. Race Days: Black spandex shorts, pants or unisuit; ICC tee shirt (racing jersey during race times); black sweatpants or warm-up pants; ICC jacket or other coach-approved weather-appropriate attire. **No pajama pants**, "slogan" shirts, cropped shirts or jog bras worn as shirts.
2. Practice at Regatta sites: Same as race day attire, except ICC tee shirt rather than ICC racing jersey.
3. Gear: ICC bag for travel clothes; backpack with name label for regatta site.
4. Air Travel: Boys: sport coat, team polo, slacks.
Girls: SICP dress day attire (reasonable length skirts)
5. Bus Travel: ICC polo shirts with khaki slacks or black athletic pants (no denim).

Athlete Signature:	Date:
Parent Signature:	Date:

IGNATIUS CHICAGO CREW: PARENTS' AGREEMENT

PARENTS' CODE OF CONDUCT:

IGNATIUS CHICAGO CREW requires a high level of parental support, both external (i.e. team-related) and internal (i.e. rower-related), in order to function effectively. The following are important expectations of all ICC parents:

1. Parents shall assist consistently with one or more aspects of ICC's operations throughout the rowing season: fundraising, regattas, equipment/site maintenance, transportation and chaperoning of out-of-town regattas.
2. Parents will refrain from making negative or disparaging comments about any rower, coxswain or coach. Any parent having questions or concerns about a rower's placement or performance may discuss those issues privately with that rower's coach.
3. Parents will refrain from making negative or disparaging comments about other teams or schools particularly at regattas.

PARENT/CHAPERONE POLICY

It is the policy of Ignatius Chicago Crew to provide for a safe and supportive environment for our student athletes during all ICC activities, including travel to regattas. To carry out this policy, all parents or other guardian adults are required to strictly adhere to the rules and guidelines set forth in this Ignatius Chicago Crew Parent/Chaperone Policy (the "Policy"). If you have any questions regarding this Policy, please contact an ICC board member.

The Policy is not intended to supersede the policies of Saint Ignatius College Prep or any other applicable rule or law. Additionally, it is ICC policy that the student athlete's parent or guardian is primarily responsible for ensuring their child's safety and wellbeing. If a parent or guardian has any concern arising from their child's interaction with a coach, other parent/guardian or other adult, they should immediately seek to take appropriate steps to remove the student/athlete from any potential harm.

In the Policy, some of the rules are stated in terms of an activity as a "VOLUNTEER" or as a "CHAPERONE" during an ICC event.

- Rules for "VOLUNTEERS" apply to all ICC-related situations when a parent, guardian or other adult related to a team member is involved (e.g., a regatta, recruiting event, driving to a practice, etc.).
- For certain activities, ICC will appoint a parent or guardian as a "CHAPERONE" for an event (e.g., a regatta, spring break, etc.). The Policy lists rules that apply (in addition to the VOLUNTEER rules) to the conduct and activities of CHAPERONES. Parents who agree to act as a CHAPERONE agree to abide by these rules during the event.

As a condition of their son's or daughter's participation and membership in ICC, each parent or guardian of an athlete agrees to abide by the Policy. An acknowledgement form is attached to this document. Each parent or guardian is required to sign and return the acknowledgement of this Policy.

PARENTS/VOLUNTEERS:

1. ICC parents and students should comply with all policies and procedures of Saint Ignatius College Prep. Those policies are published, in part, at the SICIP website, under the tab marked "Parents" (http://www.ignatius.org/contact_background_check.aspx). Under SICIP policies, those who volunteer for SICIP are required to comply with SICIP volunteer policies before engaging in any SICIP volunteer activities, including the requirement for background checks and VIRTUS training. ICC suggests that each VOLUNTEER complete this process at the beginning of their son's/daughter's first season with the team.
2. VOLUNTEERS will:
 - a. Abide by the directions of coaches in conjunction with any team or sport related activity. VOLUNTEERS are not to act as coaches or to interfere with the coach when he or she is performing (appropriately) in the role as a coach.
 - b. Treat coaches, athletes, other parents, spectators, other teams with respect, loyalty, patience, integrity, courtesy, dignity, and consideration.

- c. Avoid situations where the VOLUNTEER is alone with an athlete or any young person at activities. VOLUNTEERS should practice a policy of always working in concert with another VOLUNTEER when interacting directly with an athlete.
3. VOLUNTEERS will not:
- a. Smoke or use tobacco products in the presence of athletes.
 - b. Be under the influence of alcohol at any time while volunteering.
 - c. Use, possess, or be under the influence of illegal drugs at any time.
 - d. Pose any health risk to athletes (i.e. no fevers or other contagious situations) while volunteering.
 - e. Strike, humiliate, ridicule, threaten, or degrade an athlete.
 - f. Touch an athlete in a sexual or other inappropriate manner.
 - g. Use profanity in the presence of athlete.
4. It is the policy of ICC that VOLUNTEERS (including CHAPERONES) are not to engage in coaching or in disciplinary activities with an athlete. The primary purpose of VOLUNTEERS (including CHAPERONES) is to support team activities and to provide for the safety of the athletes. Therefore, if a VOLUNTEER (including a CHAPERONE) observes individual or team behavior that is not consistent with the policies of ICC or SICP, the VOLUNTEER (including CHAPERONE) should first ensure that all athletes are safe and then report the issue to a coach, board member, or other authority as necessary or required. The VOLUNTEER should not (unless required to ensure the safety of the athlete) normally engage in any discipline, confrontation, rebuke or announcement of the concern. The VOLUNTEERS should not handle situations “privately”.

CHAPERONES

1. CHAPERONES take on a special responsibility when volunteering to monitor and support student athletes during travel and regatta activities and therefore, for the safety and well-being of the student athletes and the protection of the CHAPERONE, are required to abide by additional rules. CHAPERONES are expected to exhibit a high degree of judgment and maturity. Conduct that may be appropriate or tolerated between the CHAPERONE and his or her own child may not be appropriate or tolerated when monitoring a group of athletes.
2. ICC policy is that only parents or legal guardians may act as CHAPERONES during an event. CHAPERONES will be identified by name and function (hotel CHAPERONE; bus CHAPERONE etc.) by the ICC Board prior to each event. In some circumstances, it may be appropriate for other direct family members (grandparents, uncles/aunts) to also act as a CHAPERONE. In those circumstances, the ICC Board will determine whether to permit a non-parent/guardian to act as a CHAPERONE. It is the policy of ICC that individuals who are not direct family members to a student athlete (e.g., family friend, etc.) shall not act as CHAPERONES for ICC events (unless expressly approved by the ICC Board).
3. CHAPERONES will:
 - a. Abide by the VOLUNTEER policies stated above.
 - b. Always act in concert with the other CHAPERONES at an activity such that the CHAPERONE is not alone or in a “one-on-one” situation with an athlete.
 - c. Ensure that there is sufficient adult supervision at all times.
 - d. Take into account the need for appropriate numbers of male and female CHAPERONES as necessary to supervise the entire team.
 - e. Ensure that athletes adhere to both the letter and spirit of ICC and SICP rules, including monitoring athletes to:
 - i. Avoid unsupervised or dangerous conduct and obtain approval from a coach or Board member for any extracurricular or special activities.
 - ii. Prevent inappropriate behaviors (loud or unruly behavior, inappropriate sexual conduct, inappropriate language, offensive or discriminatory activities).
 - iii. Prevent athletes from leaving approved locations (hotel, bus, restaurants) without permission.
 - iv. Comply with team rules relating to travel and lodging (appropriate compliance with room lists, bed checks and lights-out rules).
 - v. Encourage the value of team and individual efforts (proper uniform and travel attire, proper activities while on free time or while traveling).
 - vi. Ensure that athletes leave an event (a regatta, a trip) only when accompanied by a parent or another adult approved by the athlete’s parent.

4. CHAPERONES will not:
 - a. Discuss the conduct or a violation of team rules with other parents or athletes except as required under these rules.
 - b. Unless there is a reasonable threat of harm, enter the room or private area (e.g., a dressing area or bathroom) of an athlete unless required to do so and only when accompanied by another CHAPERONE or adult.
 - c. Allow athletes who are not their own child into their hotel room or any private area (e.g., a dressing area or bathroom) at any time.
 - d. Provide special treatment, buy or accept gifts, or provide unreasonable preferential status to his or her own child or another athlete as compared to team members. (This rule is not intended to prohibit a CHAPERONE from providing assistance to an athlete as reasonably necessary (i.e., lending money for a meal etc.)
5. Upon discovering an instance of a violation of a rule or regulation, the CHAPERONE will notify a Coach or ICC Board Member in person, if possible, or by email or telephone, if necessary. The Coach and/or Board Member will be fully apprised of the conduct involved and actions taken by the CHAPERONE, if any.
6. Although a CHAPERONE should always take any step he/she deems reasonably necessary to ensure the safety of an athlete, it is not the responsibility of the CHAPERONE to discipline the athlete for a rules infraction. The CHAPERONE should guide the athlete toward compliance with the rules (e.g., "please return to your room") in a manner that is mature and clear and then report the infraction to the Coach or ICC Board Member for further action (if any).
7. If only one CHAPERONE witnesses a potential issue (a violation of a rule or conduct that is not acceptable), assuming no safety issue, the CHAPERONE should immediately contact another CHAPERONE to assess the situation and seek additional information as necessary.

ICC policy is that VOLUNTEERS and CHAPERONES are not to engage in any disciplinary actions for rule violations generally. VOLUNTEERS and CHAPERONES should guide athletes to appropriate compliance with the applicable rules. If the VOLUNTEER or CHAPERONE believes that a rule violation has occurred, the appropriate response is (a) to ensure the safety of all athletes at all times first and then (b) report the situation to a coach, Board member, or other authority as necessary and as required. This Policy is intended to provide protection to both our athletes and to the VOLUNTEER or CHAPERONE.

Ignatius Chicago Crew PARENTS' AGREEMENT

ACKNOWLEDGEMENT

I, _____, am the parent or legal guardian of
_____, who is a registered member of the Ignatius Chicago Crew club.

1. I have read and understand the Ignatius Chicago Crew Parents' Agreement, including the Parents' Code of Conduct and the Parent/Chaperone Policy (the "Policy").
2. I agree that I will at all times, whether acting as a VOLUNTEER or as a CHAPERONE, abide by the Policy.
3. I understand that, in accordance with the Policy, I should comply with the Saint Ignatius policies applicable to SICIP volunteers including background checks and VIRTUS training.
4. I understand that I may be required to report a rule infraction, conduct, or other act by a coach, parent, other adult, other VOLUNTEER or CHAPERONE, or athlete (including my own child) to a Coach, to the administration of Saint Ignatius College Prep, to an ICC Board Member, or, when necessary, to another authority and that I will do so.
5. I understand that it is my responsibility to ensure that any other family member who VOLUNTEERS with ICC as a CHAPERONE (as may be approved by the Board) complies fully with these rules.

Signature: _____

Date: _____

Please number **at least two** of the following to indicate your first and second choice of ICC Board Committees* you will join (board membership not required for committees):

- _____ Regatta Committee
- _____ Crew Wear Committee
- _____ Equipment Committee
- _____ Fundraising/Auction Committee
- _____ Recruiting Committee
- _____ Communications Committee
- _____ Publicity Committee
- _____ Novice Families Orientation Committee

* Please see the team website at <http://ignatiuschicagocrew.org/> for committee responsibilities.



Preparticipation Examination

To be completed by athlete or parent prior to examination.

Name _____ Sport/Position _____
 Last First Middle
 Social Security Number _____ School Year _____
 Address _____
 City/State _____ Phone No. _____
 Birthdate _____ Age _____ Class _____ Student ID No. _____
 Parent's Name _____
 Address _____
 Phone No. _____
 Person to contact in case of emergency _____
 Phone No. _____
 Family Doctor _____ City/State _____
 Phone No. _____

Past Medical History

	Yes	No	If yes, please explain (what, where, when)
1. Presently taking medication (including birth control pills)?	_____	_____	_____
2. Have you been diagnosed with asthma?	_____	_____	_____
3. Have you been prescribed by a physician to use any asthma medication?	_____	_____	_____
4. Do you have a current consent form to self-administer the asthma medication on file with your school?	_____	_____	_____
5. Allergic to medicine, foods, bee stings?	_____	_____	_____
6. Wears any appliances – glasses, contact lenses?	_____	_____	_____
7. History of braces, chipped teeth, bridges?	_____	_____	_____
8. Has ongoing medical problem?	_____	_____	_____
9. Had serious or significant illness in past?	_____	_____	_____
10. Any past surgical operations, accidents, non-sports or related injuries?	_____	_____	_____
11. Any past injuries directly related to sports?	_____	_____	_____
12. Any hospitalization not explained above?	_____	_____	_____
13. Any known deformities (such as curvature of back, heart problems, one kidney, blindness in one eye, one testicle, etc.)?	_____	_____	_____
14. Any serious family illness (such as diabetes, bleeding disorders, etc.)?	_____	_____	_____
15. Family history of cancer?	_____	_____	_____
16. Heart	_____	_____	_____
Have you ever passed out during or after exercise?	_____	_____	_____
Have you ever had chest pain during or after exercise?	_____	_____	_____
Do you get tired more quickly than your friends do during exercise?	_____	_____	_____
Have you ever had racing of your heart or skipped heartbeats?	_____	_____	_____

	Yes	No	If yes, please explain (what, where, when)
Have you had high blood pressure or high cholesterol?	_____	_____	_____
Have you ever been told you have a heart murmur?	_____	_____	_____
Has any family member or relative died of heart problems or of sudden death before age 50?	_____	_____	_____
Have you had a severe viral infection (for example myocarditis or mononucleosis) within the last month?	_____	_____	_____
Has a physician ever denied or restricted your participation in sports for any heart problems?	_____	_____	_____
Has anyone in your family had a heart attack before the age of 50?	_____	_____	_____
17. Head and Nerve	_____	_____	_____
Have you ever had a head injury or concussion?	_____	_____	_____
Have you ever been knocked out, become unconscious, or lost your memory?	_____	_____	_____
Have you ever had a seizure?	_____	_____	_____
Do you have frequent or severe headaches?	_____	_____	_____
Have you ever had numbness or tingling in your arms, hands, legs or feet?	_____	_____	_____
Have you ever had a stinger, burner, or pinched nerve?	_____	_____	_____
18. Last tetanus shot?	Date _____	_____	_____
19. Last eye exam?	Date _____	_____	_____
20. Last Menstrual period (if women)	Date _____	_____	_____

Personal Habits

	Yes	No
1. Smoking/smokeless tobacco	_____	_____
2. Alcohol/non-medical drugs: marijuana, cocaine, etc.	_____	_____
3. Steroids	_____	_____
4. Eating Disorders – weight loss or gain?	_____	_____

Review of systems (Please check if you have any problems with any of the following areas of your body)

_____ Skin	_____ Lungs	_____ Shoulders, Arms, Hands
_____ Head	_____ Heart	_____ Hips, Legs, Feet
_____ Eyes	_____ Abdomen	_____ Muscle–Strength, Feeling
_____ Nose	_____ Back	_____ Mental, Emotional
_____ Mouth/Throat	_____ Urination,	_____ Fatigue
_____ Nutrition,	_____ Bowel Control	_____ Other: What?
_____ Weight Control	_____ Genital (including menstrual for women)	_____
_____ Neck	_____	_____

I certify that the above information is correct to the best of my knowledge.

Student Signature _____
 Parent/Guardian Signature _____

Both Student and Parent/Guardian Signatures Are Mandatory

Physical Examination

Height _____ Weight _____ Blood Pressure _____

Pulse: resting _____ 15 hops _____ after 2 minutes resting _____

Visual Acuity: Eyes (R) 20/ _____ w/o glasses _____ (L) 20/ _____ w/glasses _____

Other Testing	Normal	Abnormal Findings
1. General	_____	_____
2. Skin	_____	_____
3. HEENT	_____	_____
4. Teeth (Dental Exam)	_____	_____
5. Neck	_____	_____
6. Lungs	_____	_____
7. Heart (Sit and Stand)	_____	_____
8. Abdomen	_____	_____
9. Genitalia	_____	_____
10. Musculoskeletal	_____	_____
Neck	_____	_____
Shoulder/Arm	_____	_____
Elbow/Forearm	_____	_____
Wrist/Hand	_____	_____
Back	_____	_____
Hip/Thigh	_____	_____
Knee	_____	_____
Shin/Calf	_____	_____
Ankle/Leg	_____	_____
Foot	_____	_____
11. Peripheral Pulses	_____	_____
12. Neurologic	_____	_____
13. Mental Status	_____	_____
14. Marfan Screen	_____	_____

Other Tests (optional)

_____ Auditory _____ U/V _____ EKG
_____ % Body Fat _____ Drug Screen _____ Chest X-Ray
_____ Hgb/Hct _____ SMAC _____ Tanner Stage

On the basis of the examination on this day, I approve this child's participation in interscholastic sports for one year.

Yes _____ No _____ Limited _____

Additional Comments:

Examination Date _____ Physician's Signature _____

Physician's Assistant Signature* _____

Advanced Nurse Practitioner's Signature* _____

*effective January 2003, the IHSA Board of Directors approved a recommendation, consistent with the Illinois School Code, that allows Physician's Assistants or Advanced Nurse Practitioners to sign off on physicals.

Student's Name _____ School Name _____

Consent Form to Self-Administer Asthma Medication (not needed if current form is already on file with school)

Parent Consent

I, _____, do hereby give my son/daughter, _____, Permission to self-administer his/her asthma medication as prescribed by his/her physician during athletic competition.

Parent's Signature

Date

Physician Consent

As a patient under my care, _____, is prescribed to self-administer the following asthma medication.

Medication _____

Purpose _____

Dosage _____

Time/Special Circumstances _____

Physician's Signature

Date

IHSA Steroid Testing Policy Consent to Random Testing

In January 2008, the Illinois High School Association's Board of Directors approved a plan developed by the IHSA's Sports Medicine Advisory Committee to implement random testing for steroids and performance-enhancing dietary supplements of teams and individuals qualifying for state finals competition.

Beginning with the 2008-09 school term, any student-athlete who ingests or otherwise uses substance from the association's banned drug classes, without written permission by a licensed physician, to treat a medical condition, violates IHSA By-law 2.170 and its subsections, and is subject to IHSA penalties, including ineligibility from competition. The IHSA will test certain randomly selected individuals and teams that participate in state series competitions for banned substances. The results of all tests shall be considered confidential and shall only be disclosed to the student, his or her parents, and his or her school.

By signing below, we consent to random testing in accordance with the IHSA's steroid testing policy. We understand that, if the student or the student's team participates in state series competitions, the student may be subject to testing for banned substances.

No student-athlete may participate in IHSA state series competition unless the student and the student's parent/guardian consent to random testing.

A complete list of the current IHSA Banned Drug Classes can be accessed at http://www.ihsa.org/initiatives/sportsMedicine/files/IHSA_banned_drug_classes.pdf.

Signature of student-athlete

Date

Signature of parent-guardian

Date



IGNATIUS CHICAGO CREW
SWIMMING PROFICIENCY CERTIFICATION

Rower/coxswain: _____

Location of test: _____

I have witnessed the above-named individual successfully perform the following swimming test:

1. Keep himself/herself afloat in water for five minutes in a competent manner
2. Swim 100 yards unaided in a competent manner

I also declare that I am a certified lifeguard/swim instructor as of the date the swimming test was completed and can provide such documentation if called upon to do so.

Certifier's Name (please print)

Signature

Date

Parent/Guardian's Name

Signature

Date

****This test can be administered by any facility with a certified lifeguard/swim instructor, i.e. YMCA, Lifetime Fitness, local pool.**

Please keep a copy of this document for your records.

April 25, 2012

Mr. John Tracy, Dean of Students
Mr. Jim Prunty, Athletic Director
Ms. Pat McGovern, Assistant Athletic Director
Saint Ignatius College Prep
1076 West Roosevelt
Chicago, IL 60608

Re: Anticipated Absence from Classes on Friday, May 11, 2012

Dear Dean Tracy, Mr. Prunty and Ms. McGovern:

My child, _____, is on the Ignatius Chicago Crew Team and has been invited and qualified to participate in the Midwest Scholastic Championships Regatta in Cincinnati, Ohio on May 12-13, 2012. In order for my scholar/athlete to effectively represent Ignatius Chicago Crew, s/he needs to arrive in Cincinnati and practice on the race course on May 11, 2012. This would necessarily require my child to miss classes on May 11, 2012.

I ask that my child be excused from attending classes on Friday, May 11, 2012, and that s/he be allowed to make up any missed work. My child understands that s/he is responsible for obtaining assignments and covering material missed during the anticipated absence. S/he is making every effort to be allowed to make up any tests, and s/he understands that whether or not tests are allowed to be made up is at the discretion of the individual teachers. S/he will maintain responsibility for determining the credit status of missed work, tests, and class time from each teacher before being absent.

If you have any questions or concerns regarding this matter, please do not hesitate to contact me.

Sincerely,

Parent's name (print): _____

Home phone: _____

Work phone: _____

Cell phone: _____



REGISTRATION

2012 SPRING TRAINING: Oak Ridge, TN

Dates:	April 7 – 14, 2012
Location:	<u>Training:</u> US Rowing facility on Melton Lake, Oak Ridge, TN

Athlete's Name: _____

Athlete's cell phone: _____

Please check one:

- I have included a check for \$600 made payable to "Ignatius Chicago Crew" or
- I have contacted Treasurer Sheila Hansen regarding scholarship request or payment arrangements

In case of emergency, ICC will attempt to contact a parent using the information provided in the current season registration documents. In the event ICC is not able to reach a parent, we will attempt to contact one of the two alternate contacts designated below:

Alternate Contact Information:		
Name:		
Home phone:	Cell phone:	Work phone:
Name:		
Home phone:	Cell phone:	Work phone:

Parent volunteers are needed to make this trip possible!!

- I/we can chaperone for all/part of the training trip:**
 - **Name(s):** _____
 - **Dates:** _____

(Please note: parent chaperones traditionally cover their own travel and lodging expenses for Spring Break.)